

# Your AI-Generated Schedule

| Date       | Time  | Task                               | Duration |
|------------|-------|------------------------------------|----------|
| 2025-09-17 | 08:00 | Ø=Üª Full-body gym (strength focus | 1h       |
| 2025-09-17 | 09:00 | 3–6 reps                           | 1h       |
| 2025-09-17 | 10:00 | compound lifts)                    | 1h       |
| 2025-09-17 | 11:00 | Muscle / Function                  | 1h       |
| 2025-09-17 | 12:00 | Exercise                           | 1h       |
| 2025-09-17 | 13:00 | Sets x Reps                        | 1h       |
| 2025-09-17 | 14:00 | Notes                              | 1h       |
| 2025-09-17 | 15:00 | Quads & Glutes                     | 1h       |
| 2025-09-17 | 16:00 | Back Squat (or Front Squat)        | 1h       |
| 2025-09-17 | 17:00 | 4x4–6                              | 1h       |
| 2025-09-17 | 18:00 | Explosive up                       | 1h       |
| 2025-09-17 | 19:00 | controlled down                    | 1h       |
| 2025-09-17 | 20:00 | Hamstrings / Posterior Chain       | 1h       |
| 2025-09-17 | 21:00 | Romanian Deadlift                  | 1h       |
| 2025-09-17 | 22:00 | 3x5                                | 1h       |
| 2025-09-17 | 23:00 | Slow down                          | 1h       |

| Date       | Time  | Task  | Duration |
|------------|-------|---|----------|
| 2025-09-17 | 24:00 | fast up   | 1h       |
| 2025-09-17 | 25:00 | focus on glutes & hamstrings                    | 1h       |
| 2025-09-17 | 26:00 | Single-Leg Stability                            | 1h       |
| 2025-09-17 | 27:00 | Bulgarian Split Squat                           | 1h       |
| 2025-09-17 | 28:00 | 3x6/leg   | 1h       |
| 2025-09-17 | 29:00 | Helps sprinting                                 | 1h       |
| 2025-09-17 | 30:00 | kicking   | 1h       |
| 2025-09-17 | 31:00 | balance   | 1h       |
| 2025-09-17 | 32:00 | Upper Body Pull                                 | 1h       |
| 2025-09-17 | 33:00 | Pull-Ups / Weighted Pull-Ups                    | 1h       |
| 2025-09-17 | 34:00 | 4x6   | 1h       |
| 2025-09-17 | 35:00 | Lats  | 1h       |
| 2025-09-17 | 36:00 | posture   | 1h       |
| 2025-09-17 | 37:00 | sprint arm drive                                | 1h       |
| 2025-09-17 | 38:00 | Upper Body Push                                 | 1h       |
| 2025-09-17 | 39:00 | Bench Press / Dumbbell Press                    | 1h       |
| 2025-09-17 | 40:00 | 3x5   | 1h       |
| 2025-09-17 | 41:00 | Explosive push for tackling & shoulder strength | 1h       |

| Date       | Time  | Task   | Duration |
|------------|-------|--|----------|
| 2025-09-17 | 42:00 | Upper Body Pull / Shoulder                   | 1h       |
| 2025-09-17 | 43:00 | Barbell or Dumbbell Row                      | 1h       |
| 2025-09-17 | 44:00 | 3x6  | 1h       |
| 2025-09-17 | 45:00 | Upper back                                   | 1h       |
| 2025-09-17 | 46:00 | posterior shoulder                           | 1h       |
| 2025-09-17 | 47:00 | anti-rotation                                | 1h       |
| 2025-09-17 | 48:00 | Core / Anti-Rotation                         | 1h       |
| 2025-09-17 | 49:00 | Pallof Press / Plank with Arm Lift           | 1h       |
| 2025-09-17 | 50:00 | 3x30–45s                                     | 1h       |
| 2025-09-17 | 51:00 | Core stability & injury prevention           | 1h       |
| 2025-09-17 | 52:00 | Grip / Full Body Tension                     | 1h       |
| 2025-09-17 | 53:00 | Farmer Carry                                 | 1h       |
| 2025-09-17 | 54:00 | 2x40m  | 1h       |
| 2025-09-17 | 55:00 | Grip   | 1h       |
| 2025-09-17 | 56:00 | posture                                      | 1h       |
| 2025-09-17 | 57:00 | total-body tension                           | 1h       |
| 2025-09-17 | 58:00 | Full-Body Post-Workout Recovery & Stretching | 1h       |
| 2025-09-17 | 59:00 | Lower Body / Hips                            | 1h       |

| Date       | Time  | Task  | Duration |
|------------|-------|---|----------|
| 2025-09-17 | 60:00 | Hip Flexor Stretch (Runner's Lunge) – 2×30s per leg           | 1h       |
| 2025-09-17 | 61:00 | Open hips   | 1h       |
| 2025-09-17 | 62:00 | improve stride length.  | 1h       |
| 2025-09-17 | 63:00 | Hamstring Stretch (Seated or Standing) – 2×30s per leg        | 1h       |
| 2025-09-17 | 64:00 | Prevent hamstring tightness after squats & RDLs.              | 1h       |
| 2025-09-17 | 65:00 | Glute Stretch (Figure 4 Stretch) – 2×30s per leg              | 1h       |
| 2025-09-17 | 66:00 | Relieves glutes   | 1h       |
| 2025-09-17 | 67:00 | supports explosive movements.                                 | 1h       |
| 2025-09-17 | 68:00 | Adductor Stretch (Butterfly or Side Lunge Stretch) – 2×30s    | 1h       |
| 2025-09-17 | 69:00 | Helps side-to-side movement on the pitch.                     | 1h       |
| 2025-09-17 | 70:00 | Upper Body / Shoulders / Back                                 | 1h       |
| 2025-09-17 | 71:00 | Chest Stretch (Doorway Stretch) – 2×30s                       | 1h       |
| 2025-09-17 | 72:00 | Opens chest after bench press.                                | 1h       |
| 2025-09-17 | 73:00 | Lat Stretch (Overhead Reach / Child's Pose Variation) – 2×30s | 1h       |
| 2025-09-17 | 74:00 | Loosens lats after pull-ups and rows.                         | 1h       |
| 2025-09-17 | 75:00 | Rear Delts / Upper Back Stretch – 2×30s                       | 1h       |

| Date       | Time  | Task   | Duration |
|------------|-------|--|----------|
| 2025-09-17 | 76:00 | Cross arm across chest and pull gently.                        | 1h       |
| 2025-09-17 | 77:00 | Core / Spine   | 1h       |
| 2025-09-17 | 78:00 | Cat-Cow Stretch – 2×10 slow reps                               | 1h       |
| 2025-09-17 | 79:00 | Mobilizes spine and core.                                      | 1h       |
| 2025-09-17 | 80:00 | Stir the Pot (on Stability Ball) – 2–3×30s                     | 1h       |
| 2025-09-17 | 81:00 | Keep hips stable   | 1h       |
| 2025-09-17 | 82:00 | rotate arms in circles; engages deep core.                     | 1h       |
| 2025-09-17 | 83:00 | Seated Spinal Twist – 2×30s per side                           | 1h       |
| 2025-09-17 | 84:00 | Improves thoracic mobility and rotation for kicking & turning. | 1h       |
| 2025-09-17 | 85:00 | Full-Body / Dynamic Release                                    | 1h       |
| 2025-09-17 | 86:00 | Foam Rolling (Optional but Recommended) – 5–10 min             | 1h       |
| 2025-09-17 | 87:00 | Quads  | 1h       |
| 2025-09-17 | 88:00 | hamstrings   | 1h       |
| 2025-09-17 | 89:00 | glutes   | 1h       |
| 2025-09-17 | 90:00 | calves   | 1h       |
| 2025-09-17 | 91:00 | lats   | 1h       |
| 2025-09-17 | 92:00 | upper back.  | 1h       |
| 2025-09-17 | 93:00 | TUESDAY  | 1h       |

| Date       | Time   | Task   | Duration |
|------------|--------|--|----------|
| 2025-09-17 | 94:00  | Solo Soccer Plyometrics + Linear Speed Session (60–70 min) | 1h       |
| 2025-09-17 | 95:00  | 1. Warm-Up (10–12 min)                                     | 1h       |
| 2025-09-17 | 96:00  | Leg swings (forward/back) 10 each leg                      | 1h       |
| 2025-09-17 | 97:00  | Hip circles 10 each side                                   | 1h       |
| 2025-09-17 | 98:00  | Arm swings & shoulder circles 10 reps                      | 1h       |
| 2025-09-17 | 99:00  | High knees 2x20m   | 1h       |
| 2025-09-17 | 100:00 | Butt kicks 2x20m   | 1h       |
| 2025-09-17 | 101:00 | A-skips / B-skips 2x20m                                    | 1h       |
| 2025-09-17 | 102:00 | 2. Plyometric Drills (25–30 min)                           | 1h       |
| 2025-09-17 | 103:00 | Explosive Lower Body                                       | 1h       |
| 2025-09-17 | 104:00 | Standing broad jumps: 3x6                                  | 1h       |
| 2025-09-17 | 105:00 | Single-leg hops (forward): 2x6 per leg                     | 1h       |
| 2025-09-17 | 106:00 | Depth jumps (low box / step): 3x5                          | 1h       |
| 2025-09-17 | 107:00 | Tuck jumps: 2x10   | 1h       |
| 2025-09-17 | 108:00 | Split squat jumps: 3x8 per leg                             | 1h       |
| 2025-09-17 | 109:00 | Bounding / Power skips: 2x15m – exaggerate stride          | 1h       |
| 2025-09-17 | 110:00 | arm drive  | 1h       |
| 2025-09-17 | 111:00 | Single-leg box hops: 2x6 per leg                           | 1h       |

| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 112:00 | Focus: Single-leg power                                     | 1h       |
| 2025-09-17 | 113:00 | hip extension   | 1h       |
| 2025-09-17 | 114:00 | landing control   | 1h       |
| 2025-09-17 | 115:00 | 3. Linear Acceleration Sprints (20 min)                     | 1h       |
| 2025-09-17 | 116:00 | 10–15m sprints from standing: 6–8 reps                      | 1h       |
| 2025-09-17 | 117:00 | full effort   | 1h       |
| 2025-09-17 | 118:00 | walk back recovery  | 1h       |
| 2025-09-17 | 119:00 | 20–30m sprints from 3-point start / jogging start: 4–6 reps | 1h       |
| 2025-09-17 | 120:00 | Flying sprints (10m build-up + 20m sprint): 3–4 reps        | 1h       |
| 2025-09-17 | 121:00 | Focus: Explosive first steps                                | 1h       |
| 2025-09-17 | 122:00 | sprint mechanics  | 1h       |
| 2025-09-17 | 123:00 | top-end speed   | 1h       |
| 2025-09-17 | 124:00 | 4. Core / Stability (Optional                               | 1h       |
| 2025-09-17 | 125:00 | 5–8 min)  | 1h       |
| 2025-09-17 | 126:00 | Stir the Pot (stability ball): 2–3×30s controlled circles   | 1h       |
| 2025-09-17 | 127:00 | Planks / Side Planks: 2×30–45s each                         | 1h       |
| 2025-09-17 | 128:00 | Focus: Core stability                                       | 1h       |
| 2025-09-17 | 129:00 | essential for balance and tackling                          | 1h       |

| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 130:00 | 5. Cool-Down & Stretching (5–8 min)                                   | 1h       |
| 2025-09-17 | 131:00 | Light jogging / walking   | 1h       |
| 2025-09-17 | 132:00 | Static stretches: hamstrings  | 1h       |
| 2025-09-17 | 133:00 | quads   | 1h       |
| 2025-09-17 | 134:00 | calves  | 1h       |
| 2025-09-17 | 135:00 | glutes  | 1h       |
| 2025-09-17 | 136:00 | hip flexors   | 1h       |
| 2025-09-17 | 137:00 | Foam rolling optional   | 1h       |
| 2025-09-17 | 138:00 | WEDNESDAY   | 1h       |
| 2025-09-17 | 139:00 | Soccer-Specific Strength-Endurance / Acceleration Session (60–70 min) | 1h       |
| 2025-09-17 | 140:00 | 1. Lower Body – Explosive & Isometric                                 | 1h       |
| 2025-09-17 | 141:00 | Exercise  | 1h       |
| 2025-09-17 | 142:00 | Sets x Duration / Reps  | 1h       |
| 2025-09-17 | 143:00 | Pitch Benefit   | 1h       |
| 2025-09-17 | 144:00 | Goblet Squat  | 1h       |
| 2025-09-17 | 145:00 | 3x12  | 1h       |
| 2025-09-17 | 146:00 | Strengthens quads & glutes for sprinting & tackling                   | 1h       |
| 2025-09-17 | 147:00 | Bulgarian Split Squat   | 1h       |



| Date       | Time   | Task   | Duration |
|------------|--------|--|----------|
| 2025-09-17 | 148:00 | 3×12/leg   | 1h       |
| 2025-09-17 | 149:00 | Single-leg power for kicking & cutting                   | 1h       |
| 2025-09-17 | 150:00 | Lunge Hold / Split-Lunge Iso                             | 1h       |
| 2025-09-17 | 151:00 | 3×20–30s/leg   | 1h       |
| 2025-09-17 | 152:00 | Improves sprint stride stability & balance under fatigue | 1h       |
| 2025-09-17 | 153:00 | Romanian Deadlift  | 1h       |
| 2025-09-17 | 154:00 | 3×12   | 1h       |
| 2025-09-17 | 155:00 | Hamstring & glute endurance for repeated acceleration    | 1h       |
| 2025-09-17 | 156:00 | Wall Sit   | 1h       |
| 2025-09-17 | 157:00 | 3×30–45s   | 1h       |
| 2025-09-17 | 158:00 | Maintain defensive stance & posture                      | 1h       |
| 2025-09-17 | 159:00 | Calf Raise   | 1h       |
| 2025-09-17 | 160:00 | 3×15–20  | 1h       |
| 2025-09-17 | 161:00 | Push-off power for sprints & quick changes               | 1h       |
| 2025-09-17 | 162:00 | 2. Upper Body – Push & Pull                              | 1h       |
| 2025-09-17 | 163:00 | Exercise   | 1h       |
| 2025-09-17 | 164:00 | Sets x Reps  | 1h       |
| 2025-09-17 | 165:00 | Pitch Benefit  | 1h       |

| Date       | Time   | Task   | Duration |
|------------|--------|--|----------|
| 2025-09-17 | 166:00 | Dumbbell Bench Press                                     | 1h       |
| 2025-09-17 | 167:00 | 3×12   | 1h       |
| 2025-09-17 | 168:00 | Explosive arms for shielding & tackling                  | 1h       |
| 2025-09-17 | 169:00 | Push-Up Hold   | 1h       |
| 2025-09-17 | 170:00 | 3×15–20s   | 1h       |
| 2025-09-17 | 171:00 | Core + upper body endurance for physical duels           | 1h       |
| 2025-09-17 | 172:00 | Dumbbell Row   | 1h       |
| 2025-09-17 | 173:00 | 3×12   | 1h       |
| 2025-09-17 | 174:00 | Upper back endurance for posture & sprint arm drive      | 1h       |
| 2025-09-17 | 175:00 | Lateral Raise  | 1h       |
| 2025-09-17 | 176:00 | 3×12–15  | 1h       |
| 2025-09-17 | 177:00 | Shoulder stability for balance when running or defending | 1h       |
| 2025-09-17 | 178:00 | Rear Delt Fly  | 1h       |
| 2025-09-17 | 179:00 | 3×12–15  | 1h       |
| 2025-09-17 | 180:00 | Prevents rounded shoulders                               | 1h       |
| 2025-09-17 | 181:00 | helps tackling posture                                   | 1h       |
| 2025-09-17 | 182:00 | 3. Core / Stability                                      | 1h       |

| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 183:00 | Exercise  | 1h       |
| 2025-09-17 | 184:00 | Sets x Duration / Reps                                      | 1h       |
| 2025-09-17 | 185:00 | Pitch Benefit   | 1h       |
| 2025-09-17 | 186:00 | Plank Variations  | 1h       |
| 2025-09-17 | 187:00 | 3×30–60s  | 1h       |
| 2025-09-17 | 188:00 | Maintain strong defensive stance & posture                  | 1h       |
| 2025-09-17 | 189:00 | Pallof Press  | 1h       |
| 2025-09-17 | 190:00 | 3×12–15   | 1h       |
| 2025-09-17 | 191:00 | Anti-rotation core for tackling & shielding                 | 1h       |
| 2025-09-17 | 192:00 | Hollow Hold   | 1h       |
| 2025-09-17 | 193:00 | 3×20–30s  | 1h       |
| 2025-09-17 | 194:00 | Core endurance for sprinting & jumping                      | 1h       |
| 2025-09-17 | 195:00 | 4. Acceleration-Specific Extras                             | 1h       |
| 2025-09-17 | 196:00 | Bodyweight Jump Squats – 3×12                               | 1h       |
| 2025-09-17 | 197:00 | Explosive take-offs for attacking and recovering position   | 1h       |
| 2025-09-17 | 198:00 | Single-Leg Hops Forward – 2×6/leg                           | 1h       |
| 2025-09-17 | 199:00 | Push-off power & balance for sprinting / changing direction | 1h       |
| 2025-09-17 | 200:00 | FRIDAY  | 1h       |

| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 201:00 | Bodyweight Explosive Session for Soccer (50–60 min) | 1h       |
| 2025-09-17 | 202:00 | 1. Warm-Up (8–10 min)                               | 1h       |
| 2025-09-17 | 203:00 | High knees 2x20m                                    | 1h       |
| 2025-09-17 | 204:00 | Butt kicks 2x20m                                    | 1h       |
| 2025-09-17 | 205:00 | A-skips / B-skips 2x20m                             | 1h       |
| 2025-09-17 | 206:00 | Mini hops / jump rope simulation 2–3 min            | 1h       |
| 2025-09-17 | 207:00 | Hip circles   | 1h       |
| 2025-09-17 | 208:00 | leg swings  | 1h       |
| 2025-09-17 | 209:00 | arm circles   | 1h       |
| 2025-09-17 | 210:00 | 2. Lower Body Explosiveness                         | 1h       |
| 2025-09-17 | 211:00 | Exercise  | 1h       |
| 2025-09-17 | 212:00 | Sets x Reps   | 1h       |
| 2025-09-17 | 213:00 | Notes / Pitch Benefit                               | 1h       |
| 2025-09-17 | 214:00 | Jump Squats   | 1h       |
| 2025-09-17 | 215:00 | 3x12  | 1h       |
| 2025-09-17 | 216:00 | Vertical jump power for headers & sprints           | 1h       |
| 2025-09-17 | 217:00 | Bulgarian Split Jump                                | 1h       |
| 2025-09-17 | 218:00 | 3x6/leg   | 1h       |

| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 219:00 | Single-leg explosiveness for sprinting & cutting      | 1h       |
| 2025-09-17 | 220:00 | Walking Bounds / Single-Leg Bounding                  | 1h       |
| 2025-09-17 | 221:00 | 3×8–10 per leg  | 1h       |
| 2025-09-17 | 222:00 | Horizontal power for acceleration & stride length     | 1h       |
| 2025-09-17 | 223:00 | Single-Leg Hops (forward)                             | 1h       |
| 2025-09-17 | 224:00 | 2×6/leg   | 1h       |
| 2025-09-17 | 225:00 | Push-off & balance for sprinting & changing direction | 1h       |
| 2025-09-17 | 226:00 | 3. Upper Body Explosiveness                           | 1h       |
| 2025-09-17 | 227:00 | Exercise  | 1h       |
| 2025-09-17 | 228:00 | Sets x Reps   | 1h       |
| 2025-09-17 | 229:00 | Notes / Pitch Benefit                                 | 1h       |
| 2025-09-17 | 230:00 | Clap Push-Ups / Explosive Push-Ups                    | 1h       |
| 2025-09-17 | 231:00 | 3×8–10  | 1h       |
| 2025-09-17 | 232:00 | Upper body power for tackling & shielding             | 1h       |
| 2025-09-17 | 233:00 | Pike Push-Ups   | 1h       |
| 2025-09-17 | 234:00 | 3×8–10  | 1h       |
| 2025-09-17 | 235:00 | Shoulder explosiveness                                | 1h       |
| 2025-09-17 | 236:00 | Superman Explosive Raises                             | 1h       |

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|------------|--------|--|----------|
| 2025-09-17 | 237:00 | 3×10   | 1h       |
| 2025-09-17 | 238:00 | Posterior chain  | 1h       |
| 2025-09-17 | 239:00 | sprint posture   | 1h       |
| 2025-09-17 | 240:00 | 4. Footwork & Agility<br>(Fast Feet)                       | 1h       |
| 2025-09-17 | 241:00 | Drill  | 1h       |
| 2025-09-17 | 242:00 | Sets x Duration  | 1h       |
| 2025-09-17 | 243:00 | Notes / Pitch Benefit                                      | 1h       |
| 2025-09-17 | 244:00 | Ladder or imaginary<br>quick feet                          | 1h       |
| 2025-09-17 | 245:00 | 3×20s  | 1h       |
| 2025-09-17 | 246:00 | Foot speed   | 1h       |
| 2025-09-17 | 247:00 | coordination   | 1h       |
| 2025-09-17 | 248:00 | reaction   | 1h       |
| 2025-09-17 | 249:00 | High Knees in Place<br>(Fast Feet)                         | 1h       |
| 2025-09-17 | 250:00 | 3×20s  | 1h       |
| 2025-09-17 | 251:00 | Quick leg turnover for<br>sprints & defensive<br>reactions | 1h       |
| 2025-09-17 | 252:00 | Lateral Quick Step Touch<br>(side-to-side                  | 1h       |
| 2025-09-17 | 253:00 | short distance)  | 1h       |
| 2025-09-17 | 254:00 | 3×20s  | 1h       |

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|------------|--------|--|----------|
| 2025-09-17 | 255:00 | Agility & change-of-direction speed                | 1h       |
| 2025-09-17 | 256:00 | 5. Core Explosiveness                              | 1h       |
| 2025-09-17 | 257:00 | Exercise   | 1h       |
| 2025-09-17 | 258:00 | Sets x Reps  | 1h       |
| 2025-09-17 | 259:00 | Notes / Pitch Benefit                              | 1h       |
| 2025-09-17 | 260:00 | Hollow Hold / Flutter Kicks                        | 1h       |
| 2025-09-17 | 261:00 | 3×20–30s   | 1h       |
| 2025-09-17 | 262:00 | Core endurance for sprints & stability             | 1h       |
| 2025-09-17 | 263:00 | Russian Twists (bodyweight)                        | 1h       |
| 2025-09-17 | 264:00 | 3×12–15  | 1h       |
| 2025-09-17 | 265:00 | Rotational power for turning & accelerating        | 1h       |
| 2025-09-17 | 266:00 | Fall 2025 Timetable (Abiodun Marquis)              | 1h       |
| 2025-09-17 | 267:00 | Monday   | 1h       |
| 2025-09-17 | 268:00 | 8:30–9:20 AM !' ENGL 1145 – Intro to Prose Fiction | 1h       |
| 2025-09-17 | 269:00 | Instructor: Matthew O. Gwathmey / Payton G. Tupper | 1h       |
| 2025-09-17 | 270:00 | Location: Kinesiology Building 215 (Lecture)       | 1h       |
| 2025-09-17 | 271:00 | 11:30 AM–12:20 PM !' MATH 1003 – Calculus I        | 1h       |
| 2025-09-17 | 272:00 | Instructor: Muhammad Muzammil                      | 1h       |

| Date       | Time   | Task   | Duration |
|------------|--------|--|----------|
| 2025-09-17 | 273:00 | Location: F.J. Toole Hall 3 (Lecture)                            | 1h       |
| 2025-09-17 | 274:00 | 1:30–2:20 PM !' CS 1073 – Intro to Computer Programming I (Java) | 1h       |
| 2025-09-17 | 275:00 | Instructor: Natalie Webber                                       | 1h       |
| 2025-09-17 | 276:00 | Location: Gillin Hall C127 (Lecture)                             | 1h       |
| 2025-09-17 | 277:00 | Tuesday  | 1h       |
| 2025-09-17 | 278:00 | 8:30–9:20 AM !' MATH 1003 – Calculus I Tutorial                  | 1h       |
| 2025-09-17 | 279:00 | Instructor: Muhammad Muzammil                                    | 1h       |
| 2025-09-17 | 280:00 | Location: I.U.C. Science Library 107 (Tutorial)                  | 1h       |
| 2025-09-17 | 281:00 | 10:00–11:20 AM !' CS 1203 – Overview of Computer Science         | 1h       |
| 2025-09-17 | 282:00 | Instructors: Michael W. Fleming / Hung Cao                       | 1h       |
| 2025-09-17 | 283:00 | Location: Head Hall (New) C13 (Lecture)                          | 1h       |
| 2025-09-17 | 284:00 | 1:00–2:20 PM !' ANTH 1003 – Environment and Climate Change       | 1h       |
| 2025-09-17 | 285:00 | Instructor: Summer Wood  | 1h       |
| 2025-09-17 | 286:00 | Location: Carleton Hall 140 (Lecture)                            | 1h       |
| 2025-09-17 | 287:00 | Wednesday  | 1h       |
| 2025-09-17 | 288:00 | 8:30–9:20 AM !' ENGL 1145 – Intro to Prose Fiction               | 1h       |
| 2025-09-17 | 289:00 | Location: Kinesiology Building 215 (Lecture)                     | 1h       |



| Date       | Time   | Task  | Duration |
|------------|--------|---|----------|
| 2025-09-17 | 290:00 | 11:30 AM–12:20 PM !' MATH 1003 – Calculus I                               | 1h       |
| 2025-09-17 | 291:00 | Location: F.J. Toole Hall 3 (Lecture)                                     | 1h       |
| 2025-09-17 | 292:00 | 1:30–2:20 PM !' CS 1073 – Intro to Computer Programming I (Java)          | 1h       |
| 2025-09-17 | 293:00 | Location: Gillin Hall C127 (Lecture)                                      | 1h       |
| 2025-09-17 | 294:00 | Thursday  | 1h       |
| 2025-09-17 | 295:00 | 10:00–11:20 AM !' CS 1203 – Overview of Computer Science                  | 1h       |
| 2025-09-17 | 296:00 | Location: Head Hall (New) C13 (Lecture)                                   | 1h       |
| 2025-09-17 | 297:00 | 11:30 AM–12:50 PM !' CS 1073 – Intro to Computer Programming I (Java) Lab | 1h       |
| 2025-09-17 | 298:00 | Location: Gillin Hall C112  | 1h       |
| 2025-09-17 | 299:00 | 1:00–2:20 PM !' ANTH 1003 – Environment and Climate Change                | 1h       |
| 2025-09-17 | 300:00 | Location: Carleton Hall 140 (Lecture)                                     | 1h       |
| 2025-09-17 | 301:00 | 2:30–3:20 PM !' CS 1203 – Overview of Computer Science Tutorial           | 1h       |
| 2025-09-17 | 302:00 | Location: Head Hall (New) C13   | 1h       |
| 2025-09-17 | 303:00 | Friday  | 1h       |
| 2025-09-17 | 304:00 | 8:30–9:20 AM !' ENGL 1145 – Intro to Prose Fiction Tutorial               | 1h       |
| 2025-09-17 | 305:00 | Location: Carleton Hall 140   | 1h       |

| Date       | Time   | Task   | Duration |
|------------|--------|--|----------|
| 2025-09-17 | 306:00 | 11:30 AM–12:20 PM !' MATH 1003 – Calculus I  | 1h       |
| 2025-09-17 | 307:00 | Location: F.J. Toole Hall 3 (Lecture)  | 1h       |
| 2025-09-17 | 308:00 | 1:30–2:20 PM !' CS 1073 – Intro to Computer Programming I (Java)   | 1h       |
| 2025-09-17 | 309:00 | Location: Gillin Hall C127 (Lecture)   | 1h       |
| 2025-09-17 | 310:00 | 2:30–3:20 PM !' CS 1073 – Intro to Computer Programming I (Java) Tutorial  | 1h       |
| 2025-09-17 | 311:00 | Location: Gillin Hall C127 make a compatible timetable tailored to fit my life after classes each day of the school week | 1h       |